

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Aug 2026

Investigating the effect of cognitive-behavioral therapy for anger management on its dimensions and rumination in drug addicts under treatment

Protocol summary

Study aim

Determining the effect of cognitive behavioral therapy of anger management on its dimensions and rumination in substance addicts under treatment

Design

This study is a randomized controlled trial with control group, with parallel groups. Samples are randomly and continuously selected from eligible individuals in two centers in Abadan and will be allocated to intervention and control groups by random blocking method with blocks of size 4 and a random numbers table through Random Allocation Software

Settings and conduct

This non-blind study is performed on 80 people who refer to the Rahaei and Arvand addiction treatment centers in Abadan city.

Participants/Inclusion and exclusion criteria

Inclusion criteria: age over 18 years; ability to comply with study requirements including participation in group meetings and homework. Non-inclusion criteria: participation in anger management courses and cognitive-behavioral therapy and similar courses at the same time as the study, substance use Drugs and alcoholic beverages are at least two weeks before the start of treatment and during treatment sessions and have psychiatric disorders diagnosed by a doctor.

Intervention groups

Intervention group: The samples are placed in groups of 8 to 10 people and they will receive group therapy for Reilly and shopshire's anger management (2002) in 12 60-90 minute sessions, two sessions per week at the same center, through lectures, question and answer, and group discussions. The control group will receive center routine treatments.

Main outcome variables

score of anger; score of anger rumination

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220223054113N1**

Registration date: **2022-04-04, 1401/01/15**

Registration timing: **registered_while_recruiting**

Last update: **2022-04-04, 1401/01/15**

Update count: **0**

Registration date

2022-04-04, 1401/01/15

Registrant information

Name

samaneh naeimi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 903 033 5848

Email address

samanehnaeimi1377@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-03-12, 1400/12/21

Expected recruitment end date

2022-05-20, 1401/02/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of cognitive-behavioral therapy for anger management on its dimensions and rumination in drug addicts under treatment

Public title

The effect of anger management therapy on the dimensions and rumination of anger in addicted patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Age over 18 years Ability to match with study requirements Including Participate in group meetings And do the homeworks

Exclusion criteria:

participating in other anger management courses and cognitive-behavioral therapy and similar courses at the same time as the study use any substances, drugs or alcoholic drinks for at least two weeks before starting treatment and during treatment sessions psychiatric disorders diagnosed by a Psychiatrist.

Age

From **18 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

From the four active addiction treatment centers in Abadan, two centers are selected by lottery. From eligible people of these centers, 80 samples are selected continuously and then by random blocking method with quadruple blocks and using a table of random numbers in Random Allocation Software will be allocated in two groups of intervention (40 people) and control (40 people). Blocking and allocation sequencing will be done by the person outside the research for concealment.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

School of Nursing and Midwifery and School of Rehabilitation, Tehran University of Medical Sciences

Street address

Headquarters of the Ministry of Health, Treatment and Medical Education, 13th floor, Block A, between South Falamak and Zarafshan, Shahrak-e-Ghods (Gharb)

City

Tehran

Province

Tehran

Postal code

1419733171

Approval date

2022-03-06, 1400/12/15

Ethics committee reference number

IR.TUMS.FNM.REC.1400.214

Health conditions studied

1

Description of health condition studied

Addiction

ICD-10 code

F19

ICD-10 code description

Other psychoactive substance related disorders

Primary outcomes

1

Description

Anger score in Spielberger's State Trait Anger Expression Inventory 2 (STAXI-2) questionnaire

Timepoint

Before the intervention, immediately after the intervention, 6 weeks after the intervention

Method of measurement

Spielberger's State Trait Anger Expression Inventory 2 (STAXI-2) questionnaire

Secondary outcomes

1

Description

Anger rumination score in the Sukhodolsky et al. (2001) questionnaire

Timepoint

Before the intervention, immediately after the intervention, 6 weeks after the intervention

Method of measurement

Sukhodolsky et al. (2001) questionnaire of anger rumination

Intervention groups

1

Description

Intervention group: The samples of the intervention group are in groups of 8 to 10 people and they will receive group therapy for Reilly and shopshire's anger management(2002) in twelve sixty to ninety-minute sessions, two sessions per week

Category

Behavior

2

Description

Control group: Receive routine treatments at the treatment center

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Rahaei outpatient addiction treatment center

Full name of responsible person

Dr Seyed Shahrokh Salehpoor

Street address

Velayat 10; Ahmad abad

City

Abadan

Province

Khouzestan

Postal code

4462110631

Phone

+98 901 680 2797

Email

drsh.salehpoor@gmail.com

2

Recruitment center

Name of recruitment center

Arvand outpatient addiction treatment center

Full name of responsible person

Dr Amirhossein Shooshtarian

Street address

Next to the Taleghani hospital; Ghadamgahe-e-Emam Reza

City

Abadan

Province

Khouzestan

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6153505028

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+98 916 502 5678

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shooshtarianamirhosein@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Mehrnaz Geranmaye

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fnm-researchdeputy@tums.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Tehran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Samaneh Naeimi

Position

Master of Psychiatric Nursing student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

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Full name of responsible person

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Position

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Latest degree

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available